BTEC Assignment Brief

Qualification	Pearson BTEC International Level 3 Subsidiary Diploma in Health and Social Care Pearson BTEC International Level 3 Foundation Diploma in Health and Social Care Pearson BTEC International Level 3 Diploma in Health and Social Care Pearson BTEC International Level 3 Extended Diploma in Health and Social Care Pearson BTEC International Level 3 Extended Diploma in Health and Social Care (Health Studies)
Unit number and title	**Unit 17: Nutritional Health**
Learning aims	Learning aim A: Understand concepts of nutritional health and characteristics of essential nutrients Learning aim B: Examine factors affecting dietary intake and nutritional health Learning aim C: Plan nutrition to improve individuals' nutritional health
Assignment title	**Planning for good nutritional health**
Assessor	
Issue date	
Hand in deadline	

Vocational Scenario or Context	You are interested in becoming a registered nutritionist and you are looking at applying for a degree course endorsed by an association to further this ambition.To back up your application, you decide to study the nutritional health of two individuals from different life stages, with different nutritional needs, looking at the factors that affect their nutritional health. You are then going to produce a month-long nutritional plan for them both to demonstrate your findings. The two individuals must be from different life stages and may be service users from local settings that you can visit, or alternatively family members, neighbours or friends. **Confidentiality must be respected at all times.**

Task 1	Before you produce a nutritional plan, you must research the nutritional health and related factors for your two individuals. You are going to record this in an introductory report that must include the following: ● an evaluation of the role nutritional health plays in maintaining both their health and well-being, and the impact different factors that affect their nutritional health have. ● an assessment of the impact of dietary intake and deficiencies on nutritional health, and an assessment of how their dietary intake and nutritional health are influenced by their dietary habits and lifestyle choices. ● explain how nutritional health contributes to health and well-being, including the sources of essential nutrients, and their functions in the body and the health, socio-economic and cultural factors that influence their nutritional health. This must include a comparison of the dietary intake for both individuals with their nutritional requirements.
Checklist of evidence required	An introductory report

Criteria covered by this task:	
Criteria reference	To achieve the criteria you must show that you are able to:
AB.D1	Evaluate the role of nutritional health in maintaining the selected individuals' health and wellbeing, and the impact of influencing factors.
A.M1	Assess the impact of dietary intake and dietary deficiencies on nutritional health.
B.M2	Assess how the dietary intake and nutritional health of the selected individuals are influenced by their dietary habits and lifestyle choices.
A.P1	Explain how the concepts of nutritional health contribute to health and wellbeing.
A.P2	Explain the sources of essential nutrients and their functions in the body.
B.P3	Explain the health, socio-economic and cultural factors that can influence the nutritional health of the selected individuals.
B.P4	Compare the dietary intake of the selected individuals with their nutritional requirements.

Task 2	Now that you have collected information, you must produce a plan for both individuals that covers their nutritional requirements for one month. This includes: ● plans that will contain a justification of the recommendations you make, analysing how these recommendations will improve the individual's nutritional health. ● an evaluation of the importance of planning nutritional health to ensure dietary needs are met, taking influencing factors into account. The plans will be professionally presented and clear.
Checklist of evidence required	Nutrition plans for two individuals with evaluative notes.

Criteria covered by this task:	
Criteria reference	To achieve the criteria you must show that you are able to:
C.D2	Justify the recommendations in the plans in relation to the needs and situations of the selected individuals.
C.D3	Evaluate the importance of planning nutritional health for selected individuals to ensure their dietary needs are met, and that influencing factors are taken into account.
C.M3	Produce professionally presented plans to improve the nutritional health of two individuals with different dietary needs.
C.M4	Analyse how the recommendations will improve the nutritional health of the selected individuals.
C.P5	Produce clear plans to improve the nutritional health of two individuals with different dietary needs.
C.P6	Explain how the recommendations will improve the nutritional health of the selected individuals.

Sources of information to support you with this Assignment	**Websites** https://www.pennutrition.com/KnowledgePathway.aspx?kpid=3127&trid=19399&trcatid=27 https://www.who.int/news-room/fact-sheets/detail/healthy-diet
Other assessment materials attached to this Assignment Brief	N/A

Note: The Assignment should be based on two individuals from different life stages who have different nutritional needs.

Ideally, they should be from local settings easily accessed by learners. If this is not possible, it is appropriate to use family, friends and neighbours. It should be emphasised to learners. That confidentiality is paramount, in both situations.

Task 1 is an assessment of the two individuals' nutritional status.

Task 2 is a nutritional plan using the information found in task 1.